## THE TIMES DAILY MAGAZINE PAGE

### Dressmaking May Become An Educational Factor of Of All Thought, Says Paul Swan Here Is Treatment That Extreme Cultural Value

American Schools May Organize Acquired Habits of Action to Fit Individual Pupil to Future Physical and Social Environment By Educational Process.

> Vocation Series, No. 11. By ANNA BOGENHOLM SLOANE.

THE definition of William James that education is the organization of acquired habits of action so as to fit the individual to his physical and social environment is accepted, then American schools do not educate. Few of the things taught in American schools have a direct bearing upon the future practical life of the pupils, and most of the things every boy and girl really needs to know are never even mentioned.

For instance, every girl wears dresses and hats. She should be taught decrease and hats. She should be taught decrease when girls are more generally trained, this training will materially diminish the girls are more generally trained, this training will contribute considerably toward cutting the cost of living.

dresses and hats. She should be taught enough about dressmaking, general cewing and millinery so that she will in later life be resourceful in making and remodeling her own and her children's clothes and hats. The training in these useful crafts, if combined with designing, may be made a cultural study in affording opportunities to train the taste in color and form and judgment in the appropriateness of clothes for use. It would afford training of a sense of balance and harmony in correlating each article of dress to other articles and to the personal characteristics of the wearer.

That would afford training of the sense of the wearer.

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acteristics of the wearer.

Instruction in kinds of textiles, durability, washableness and adaptability of \$208 in her first year of wage-carning whether a given fabric is cotton, silk, linen, or wool, and lessons in removing spets and stains from various fabrics spiritual.

It Takes Courage to Be an Artist," Comments Male Dancer Lauded for His

Personal Personal

Adorable Smile.

Beauty and

His Profession Only Finished Product of Day's Work-Gives Views of Interpretation Preceding Presentation.

By FLORENCE E. YODER.

O you want me to talk, or do you want to ask me questions?" asked the young man, rather faintly, and with such evident disinclination that it was almost painful. "Oh, don't do either," I suggested,

fired by the same embarrassment. 'This interview is guaranteed to be absolutely painless. I promise that it will not hurt. Suppose we just gossip." The young man grinned Yes, he grinned, a natural boy grin.

Well, I do hope its after effects will be more pleasant than the after effects of a painless extraction I had yesterday"-"Yes?" I logged him systematically-"I had a tooth pulled out, and, although it didn't hurt at the time, I have been actually sick ever since. Feel awful!" "I konw about that--" I smiled.

or come to think of it, perhaps, I grinned, anyhow the young man grinned, and lo! the interview with Paul Swan was safely launched via that homely, universally sympathetic subject of teeth!

Contrary to all impressions received previously, and to my great delight. I found that the young American male dancer who has been lauded for his beauty, was no more than a normal human being, who had teeth that had to come out, blues every once in a while like every one else, and what was more than all else, who was willing to talk frankly upon a subject which many other people would have avoided as the player. For we snoke of whether plague. For we spoke of whether or not a man should dance! True, it did not come about abrupt-True, it did not come about abruptly, but after several moments, in which my admiration for a young and rarely beautiful human being who was able to resist the desire to "smile adorably" by grinning toothsomely, must have been patent, we began to speak of the attitude of most men toward male dancers.

It was just as if we had been friends for a long time, and were 'fessing up in answer to the query, "Well, how's the world treating you?"

Poor Paul Swan'" I said "Yes, it is poor Paul Swan," he answered quickly. "Here I am, determined to be myself, and do that which is truest and strongest for the best in me, give expression to the best that I think and know. And yet, there was a notice in a New York paper the other day." he stopped abruptly, then added: "Dancing is merely a channel for my expression, why should it be looked upon as something to ridicule?"

I shook my head, then challenged him with a grin, and said "Jealhich is truest and strongest for the

him with a grin, and said "Jeal-ousy." He flashed back an answer that ended in a laugh, and admitted that there was plenty of room for it. "But it is not exactly jealousy; I can't really bring myself to believe that. Perhaps men just don't under-'Here I am, a lone creature-poor

THE NARROW DOORS. The Wide Door Into Sorrow Stands open night and day. With head held high and dancing

I pass it on my way

I never tread within it. I never turn to see. The Wide Door into Sorrow: It cannot frighten me.

The Narrow Doors to Sorrow Are secret, still, and low; Swift tongues of dusk that spoil

Oh, stranger than my midnights Of loneliness and strife The Doors that let the dark creep in Across my sunny life! Fannie Stearns Gifford, in the At-

## SEEN IN THE SHOPS

PAUL SWAN.

for the expression of concrete ideas or abstract ones as is the poem or

And his idea for having his dance interpreted beforehand is not new

nor unpleasant. Not long ago David

nor unpleasant. Not long ago David Bispham, the great American baritone, gave a delightful concert in this city, where he successfully did just what Swan suggests.

Before every song, he told its story, and gave a short description of the author and perhaps his work. The audience was constrained at first because he was doing something "that was not done," but before the program was more than started, the interest was intense, the individual listener was informed, and no half baked or hazy idea of the meaning of the song resulted.

In an effort to find out a little

more, I did ask a few questions, but

by this time the curse of embarrassment was gone. Aside from an oc-casional reminder due to glimpses of

ment was gone. Aside from an occasional reminder due to glimpses of the actual facial beauty of my vis-avis. I would not have remembered that the rather short young man, dressed in a dark blue suit with a soft shirt, collar, and neat black bow tie, was other than an ordinary chap and due no especial awe.

He is going to England at the close of the week, so that his performance at "The Opium Pipe" at the Belasco tonight will perhaps be his last public appearance in America for some time. In England he will appear under the management of Cochrane, of the Empire Theater, in a series of matinees at the Ambassadors Theater in London.

He sees an opportunity in London for American stage folk, since it is impossible for English folk to neglect their duties, even to try and offer a relaxation to others. I suggested that he remain, for the sake of safety, on this side.

But the same brand of courage, which by the way seems to be a pretty substantial one, that makes his dancing his profession in life made him reply very promptly. "I

which by the way seems to be a pretty substantial one, that makes his dancing his profession in life made him reply very promptly. "I will go by all means. I will probabably get there. Perhaps I can help in a good way. I will go."

And it isn't foolhardiness, nor, havade nor an inability to compare the standard programmer.

bravado, nor an inability to compre-hend, on his part. Perhaps perhaps it is because he has courage of the proper kind, which he was given

him at his birth in the prosaic, wind-

the cold, stale law.

of the song resulted.

Paul Swan, the only man in the world who has the courage to take off his clothes and dance—why,

off his clothes and dance—why, people don't know what to do with me!" He paused and became sol-emn. He was, indeed, beautiful then,

the acme of refinement, with his finely chiseled nose, deep-set eyes, and mobile mouth, just now sternly

"It takes courage to be an ar-tist," he began. "People do not seem to remember that. Every time I hear

of something unpleasant I recoil, but it is the ability to rise from the stings and whips of fate that really

makes people worth while. Some-times I feel that it is silly for me to care so much of what I hear that folks say. I have the courage of my conviction to dance, and perhaps I should not even be hurt. But a friend of mine told me the other day that when things canad to hurt me.

I would be come callous and add a vulgar sort of hypocrisy to that of which I am accused."

"I do not merely dance. That is just the finished product," he con-tinued. "Three hours a day in a gymnasium at the hardest kind of

work, surely does not make for aoftened muscles and a weak body. I wish that the plan for the presenta-tion of attractions were different.

tion of attractions were different. So often music, plays, and songs

should have interpretation before-

"Not long ago, before one of my dances, a noted professor gave a talk to the audience on the Greek ideals on dancing, and you cannot imagine

for they understood."

He wiggled in his chair and then leaned forward impulsively. "That's just it. If I could only speak to my audiences myself. Come out before the dance and afterward, and tell what it means, and that for which it stands available it.

which it stands, explain it. If that were only possible."

I thought of that courage of which

he had spoken and made a mental note that if he thought enough of

note that if he thought enough of the idea he would carry it out despite the fact that "it was not done." For, you see, that is the whole thing in a nutshell about Paul Swan. He is not one of those "it is not done" people. If a medium for expression is capable of interpreting his thought, that medium will he employ.

His dancing is as much a channel

I got them at once,

what a great difference it made

the audience. I got for they understood.

when things ceased to hurt me

There are two enamel plates and two cups, two knives, forks, and spoons, a large tin box for salad and sandwiches, and a thermos bottle. A strap in the cover holds nap-

Blouses are certainly becoming more and more bewitching. The Marie Stuart of finest voile with a ruff effect at the neck, is \$5.50 at an F street store. The same establishment has a most up-to-date stock of sheer blouses in georgetic creps.

Scratchy brown bath towels that men particularly enjoy are priced at 48 cents, 59 cents, and 86 cents,

according to size and ability to en-courage circulation. They may be had at an F street housefurnishing

Some of the new crepe de chine ties look exactly like "marbled" Easter eggs—the kind that are dipped in a number of colors till a rainbow swirl is the result. Flowered ties in Dresden effect are another novelty. These ties are priced at 50 cents each

The bathing girl can assume the part of a Dutch girl, a Swedish peasant, a Scotch lassie or an old salt this summer, if the new caps are any forecast of the fashions for the beach. Gone are the discreet cha-

oiled silk and waterproofed sateen, and those of rubber are trimmed with rubber fruit and flowers. Very satisfactory caps may be had for 50 cents, and some are even cheaper. Bathing shoes are an important part of the costume of the beach bather and green and red seem to be the favored colors. Black and white the favored colors. Black and white striped sandals will also be popular. All of these are \$1 a pair.

Panama and leghorn hats are to be a feature of the summer for street and sport wear. Those for women are very little different from men's hendgear, and are given a further mannish touch by a striped band ground the crown. Leghorn hats may be had for \$5 at an F street clothing shop, finished with a broad blue band.

Sweaters of Angora wool sound rather hot, in view of the recent torrid weather, yet they have been known to be useful in occasional cod spells. These are not the traditional white, gray or navy, but a soft rose, leaf green or old blue. They are delightfully light in weight and yery warm. The price is \$6.

Hothouse roses at 25 cents a dozen That sounds impossible or Utoplan, to say the least, yet it may be realized by a visit to a new florist shop in Fourteenth street. Carnations are to be had for the same low price. At this cost, every family could afford to have a few flowers on the table will be home grown and the control of the control of the cost.

(Imformation giving the names of (Imformation giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and

## Dancing a Channel for Expression Have You a Cold? Then Ignores Blood Purifiers

By DR. LEONARD KEENE HIRSHBERG. (Copyright, 1915, Newspaper Feature Service, Inc.)

EZENTIUS, in Virgil's Aeneid, was said to "join the dead to the living." This is a most happy phrase to apply to the grandmotherly superstition of spring tonics. Why under the sun a man or woman needs a "spring tonic" or a "blood purifier" in these God-given days is beyond physiological urder. standing.

Sues, and the stored up forces of your anatomy will be called forth to excess beyond your needs.

Or, if you are only a little sallow from the bad air of indoorr and constipated from the inactivity of a winter imprisonment, the "tonic" will work even will raise your blood pressure, force your pulse to a useless exertion, and may even produce some slight enlargement of the heart.

The May sunshine and its attending

The May sunshine and its attending fruits and vegetables furnish all the "spring tonics" and "blood purifiers" any human derelict of the worst winter needs.

With the lone exception of laxatives and purgatives, as necessary in winter as in spring or other seasons, all the vernal specifics and Maytime medicate or remote. Show me an alleged "blood purifier" or "tonic" and I will bring to light a decoction of near-whisky, iodine, potash, strychnine, quinine, and other non-healing intoxicants.

"Tonic" Itself, Evil.

There are in the system, however, beside the germs of "colds"—microbes that forty-eight hours of warm temperatures make to multiply in millions—which pounce upon your eyes, nose, throat, and middle ears, bearing such serious spring epidemics as acute inflammatory arthritis with swollen joints and six week of high fever, tonsilitis, St. Vitus dance and heart infections.

The instant a sneeze and a watery nose asserts itself hie yeu to an apothecary and have him massage six grains of samoniated mercury into half an ounce of vaseline. Liberally grease the interior of both nostrils with this. If the cyclids redden, swell and itch, but a bit of it even on them.

"Tonic," Itself, Evil.

Even though a "specific" or a "spring tonic" or other habit-forming Galenical be really deficient in alcoholic qualities and does really contain a tone-giving drug, such as strychnine, it is all the more inimical to good liealth. If you are exhausted and truly in need of rest, the "tonic" will arouse an artificial stimulation of your reserve its-

There are in the system, however, be-

#### Answers to Health Questions

Mrs. B. R.—Q. I have a constant feeling as though something was sticking in my throat, and every two or three days I have considerable trouble in hawking from the back of the nostrils a hardened lum of mucus. What is a remedy?

A. Irrigate the nose and throat three times a day with alkaline antiseptic fluid diluted three times in water. Have your nose and throat examined, and submit to a slight operation if necessary.

dram: lime water and rosewater enough to make three ounces.

2. These headaches are the price paid for indiscreet diet, worry, exhaustion, emotional excesses. Avoid all solld foods, seasoning, malt liquors, wines, and alcoholic beverages. Exercise in the open air, drink effervescent water, and form a systematic habit of drinking some good table water between attacks. Take five grains of salicylic of soda in some effervescent drink ever four hours whenever you have the headaches. whenever you have the headaches.

A. B. C.—Q. 1. I have a rash which comes out on my face at times and itches. What shall I do for it?

2. I have terrible headaches which make me sick and nervous. After eating a hearty meal I feel as though I had eaten nothing. Can you sugest a remedy?

A. 1. Apply each night to the itching parts; Calamine, 2½ drams; zinc oxide, 2 drams; glycerin, 2 drams; phenol, ½ of The Washington Times.



## What's In the Cup?

The flavour may be agreeable, but appetite isn't the only thing to be considered.

The average cup of coffee contains about 21/2 grains of caffeine, a powerful drug which is a frequent cause of indigestion, constipation, nervousness, heart trouble and other ills.

Some persons are strong enough to use coffe for a time without apparent harm, but repeated doses of its subtle, cumulative drug, caffeine, sooner or later affects even the strong man or

Any coffee drinker will benefit from a change to

## INSTANT **POSTUM**

This pure food-drink has a snappy tang, very like the Old Gov't Javas, but it contains no caffeine, nor any other harmful ingredient. It is made of selected wheat, a little wholesome molasses and is pure, invigorating and delicious.

And Instant Postum is so easy to make. Put a level teaspoonful in a cup, add hot water, and sugar and cream to taste.

The convenience of Instant Postum is seen at a glance. Sold in 30c and 50c tins. Some prefer Postum Cereal-the original form-which must be well boiled, 15c and 25c pkgs.

Grocers sell both kinds, the flavour is equally delicious and the cost per cup is about the same.

"There's a Reason" for POSTUM

# 'inen, or wool, and lessons in removing spets and stains from various fabrics would afford practical and useful training of economic value in the pupil's life, and, at the same time, afford as good mental exercise as that offered by the reciting of English literature or poetry. Practical Arithmetic. Taking the measure of the patron's figure in length and volume, and calculating the proportion each piece of the finished garment shall bear to the whole in order to fit well, to hang gracefully, and to bring out the best features in the each piece from the goods with the least waste of material; thinking out where the intakes and outlets in fitting the garment will afford lines that will How To Improve Your Arms

Its Structure Can Be Rounded Out, Its Skin Softened.

By LUCREZIA BORI. conspicuous than they have been for

many years.

When using soap on the arms always rinse them in clear water and rub them them with always of tuile, chiffon, or one of the skin soft and white. the transparent cotton and linen fabrics used for sleeves we will surely have to look to our arms."

Soit and white.

There is an excellent remedy for rough skin called Italian lotton, and here is the formula for it:

Many of you will probably sigh heav-a too heavy arm or the scant proportions of one that hasn't a single graceful curve to recommend it.

While there are many things that can not be remedied perfectly by even the most ardent sceker for beauty, the arm not listed among them. it is too long we cannot chop off

its inches but we can round out its ony structure and soften and whiten the skin covering its surface. Arm-Complexion Aids.

The beautiful arm must have a clear

skin smooth and velvety to the eye and Many of you will find that the skin is rough on the back of the upper por-

of your arm. This is due to the fact that you have neglected to dry it thoroughly after the bath. The circulation in the arms should always be stimulated by rubbing the flesh vigorously with a Turkish towel or a bathmitten. When the skin is pink and clowing you will know that the blood the skin sating and clear, or is it lark and covered with goose-pimples; the latter is the case, bathe the arms with warm water and a pure soap, dark and covered with goose-pimples? If the latter is the case, bathe the arms warm water and a pure soap, a flesh brush instead of a wash wing a flesh brush instead of a wash wioth. In fact, it is an excellent beauty

sid to use the bath brush on every inch of skin that covers the body.

Dear Annie Laurie: I am nineteen years old and have a man friend who comes to see me regularly. On St. Valentine's day I received a valentine from a former friend who used to come to see me. My steady friend hapi cned to see this and was much put cut, and said that if I wanted to write to this other boy he would stay away so as to "keep peace in the family." Now I like both these boys and I want to know what to do to keep peace with both, as I love them both.

T is very hard, Eva. to keep company with two young men at

once, and the best thing for you

to do will be to choose the one

that you like the best and let the

other go his way. You surely do not

expect either young man to love you

and at the same time know that you love another young man. Would you like it if you knew that either of them was going with another girl?

Mary C. R.-Don't mind, even hough your friends seem to leave

though your friends seem to take you out of the conversation. Try to read more, and the first thing you know you will be joining in the conversation, too. Read on subjects they talk about, then you will be in-

terested in what they are saying and you wen't feel that they are trying to ignore you. They are only thoughtless, I am sure.

Permar.—Of course you may invite your friend. He will probably be glad to accept the invitation, and since you are to invite others he will

as I love them both.

ADVICE TO GIRLS

TT 7 ITH summer approaching, it especially obstinate, use a toilet pumice, will soon be the season for frocks of sheer materials, and our arms will be even more us than they have been for

Apply this to the skin with a piece of absorbent cotton and allow the liquid to dry before applying another coat.

A Valuable Bleach. If your arms are covered with course brown skin there is nothing better than the glycerine arm bleach which

contains 

Enough flour to make a paste. Beat the egg and add the other in-gredients, the flour last. Coat the arms with this at night and wind them with surgical gauze an inch and a half wide. If the arm is too fat you will have to reduce it with massage, twisting the fesh with a wringing motion.

The woman with thin arms must exercise to develop the muscles. Tennis, rowing and swimming are excellent.

The arms cannot be beautiful if they

-just exert a little thought and energy daily, and by the time warm weather comes wou need not feel apologetic for your arms.

If you find that the goose-pimples are (Copy't, 1915, Newspaper Feature Service.)

## By ANNIE LAURIE

not feel that you are "rushing" him. It would be nice for you to open your gifts as your friends brought them, for this would give you an opportunity of thanking them personally. Don't exhibit them in a prominent place, for it will give the impression that you are only giving the party for the gifts you may receive. may receive

Lonesome.—Questions like yours have been answered so often that there scarcely seems to be need of a

Four Chums-Before you think of eloping, make sure that the objec-tions of your parents are not found-ed on fact. Ask them to explain their attitude. You will have plenty of time to elope after you are sure that the man is the right one to make you bappy 2. Leap-year proposals are more a

3. A girl is very silly to refuse to speak to a man after a misunder-standing. Since the woman always bows to a man first, she will be fool-ish to open the way to further quar-

4. It depends a great deal on the boy whether or not you accept his pin or ring. At any rate the girl should always be most careful of any should always be most careful of any such piece of jewelry, since loss or damage may occasion her a great deal of embarrassment. It is not wise for a girl to lend a man one of her rings on short acquaintance. for he may use it to make fun of her before other boys. 5. A girl of thirteen is too young

to begin going with any boys. She and some of her girl friends can have just as good times together.

6. If your parents do not allow you to have friends it would most assuredly not be right for you to make plans for meeting them away from home. They believe that they are acting for your good. Cheer up, even though you are seventeen and not allowed to have callers, that doesn't mean that you will be an old maid.

mean that you will be an old maid. N. A. M.—Do you think of every man who pays you notice as a pros-pective husband? You are very silly if you do. He has only known you for a short time. a short time, and you should not expect him to decide that he you for his wife after such a brief

Frances.—You are entirely too young to marry, so it's just as well the young man's salary is small. After five years or more you may begin to worry about the earnings of a prospective husband.

Tiny.-If the man admired you, the riny.—It the man admired you, the color of your eyes wouldn't make much difference with him. Don't let your height worry you, either. Sumbers of men prefer small girls, this being especially true in the South, where men are not very tall.

Miss Laurie will welcome letters of nquiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.

By the Shopper PENLY suggesting a motor honeymoon is a leather luncheon-case fitted for two.

kins. The price is \$13 at a G street department store.

of sheer blouses in georgette crepe, some trimmed in colors and all note-worthy for simplicity of line. These

50 cents each.

peaux of reliow rubber that formerly bolihed about in the briny deep. In their place are elaborate creations of

blue band.

and very warm. The price is \$6.

urtil the home-grown supply is avail-

address "The Shopper.")